

Name it, check it, choose

A worksheet for slowing one emotion down far enough to see what set it off, whether the story around it fits the facts, and which action is worth taking next.

CLIENT NAME OR INITIALS

DATE

CLINICIAN

01 How to use this worksheet

Pick one emotion from the past week that felt bigger than the moment called for, or that stayed longer than you wanted. Work through the sections in order for that single episode. Short, plain answers are better than complete ones - you are describing what happened, not defending it.

WHY IT HELPS

Naming an emotion and separating the event from your read of it lowers how automatic the response feels. Once the facts are on paper, choosing an action becomes a decision rather than a reflex.

02 The prompting event Just the facts: where you were, who was there, what was said or done.

03 Name the emotion One word where you can manage it.

The emotion I felt most strongly

A second emotion underneath it, if there was one

What I noticed in my body Jaw, chest, stomach, breathing.

What the emotion urged me to do The pull, acted on or not.

04 Check the facts

Emotions respond to what we think happened as much as to what did happen. Separate the two, then see whether the emotion still fits.

What I know for certain

Only what a camera would have recorded.

What I assumed or predicted

The meaning you added: what it says about you or them.

If a friend described this exact situation to me, what would I tell them?

Does the emotion fit the facts? ☐ It fits ☐ It fits, but it is louder than the situation needs ☐ It does not fit

05 Choose the next action Fill in the box that matches your answer above, then one specific step.**The emotion fits - act on it, skillfully**

What does the situation actually call for?

The emotion does not fit - do the opposite

Approach instead of avoid, speak instead of withdraw.

The one thing I will do, and when Small enough to finish this week.**06 Reflection**

Which part was hardest to separate: what happened, or what you made of it?

Where else this week did the same emotion show up with the same urge?

What would you want to bring back to your next session?

Intensity of the emotion Circle one on each row. 0 is calm, 10 is the most intense you can imagine.

Before the skill

0	1	2	3	4	5	6	7	8	9	10
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After the skill

0	1	2	3	4	5	6	7	8	9	10
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NOTES Client or clinician

If you are in crisis or thinking about harming yourself, call or text 988 (Suicide & Crisis Lifeline) in the U.S., 24/7, or contact your local emergency number.